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Sustainable wellbeing: linking the personal and the planetary

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Sustainable wellbeing:

Linking the personal and the planetary

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Definitions

Sustainability

Environmental

Within carrying capacity of supporting ecosystems

Economic

Maintain the capacity to provide non-declining well-being over time

Wellbeing

→ *Objective*

Quality of life, "needs"

→ *Subjective or Hedonic*

Short-term pleasures, interests, satisfaction

Eudaimonic

Longer-term pleasures linked to a sense of meaning

Separation

Sustainability

Wellbeing

Part of the larger narrative of
separation / disconnection

Natural

____ *state / ethics / values*

Human

____ *state / ethics / values*

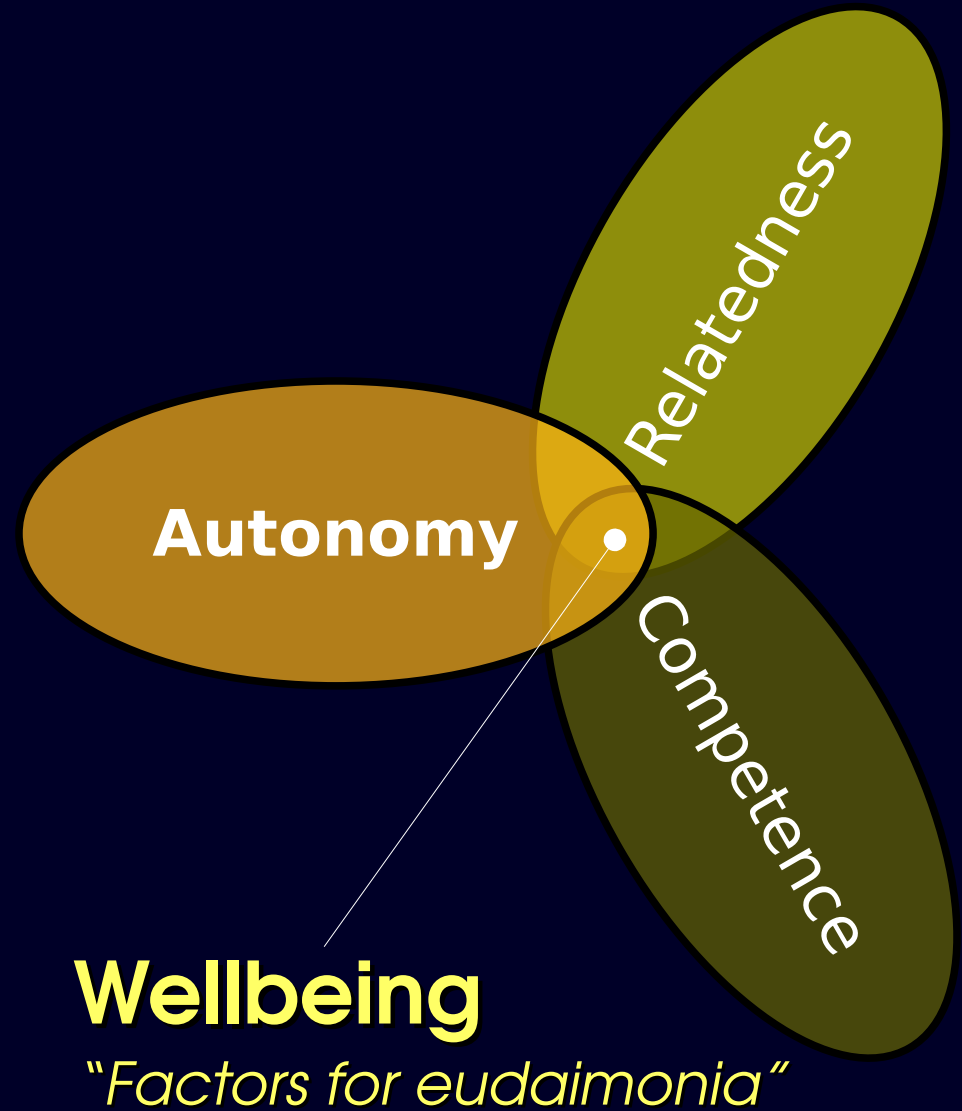
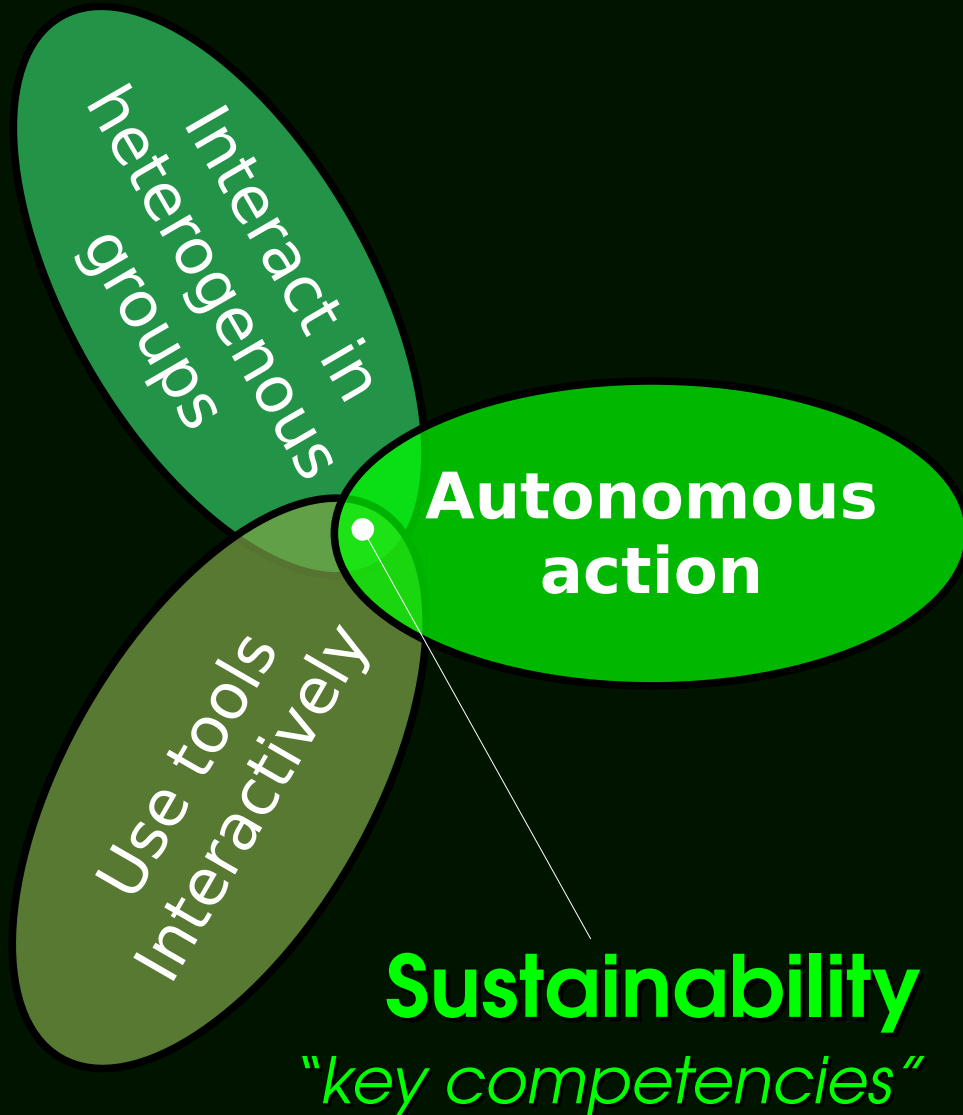
“Future”

“Present”

Ecopsychology approach

Embeds us in our environment – “We too are Nature”

Models



WB as evolved state that adapts us to environment

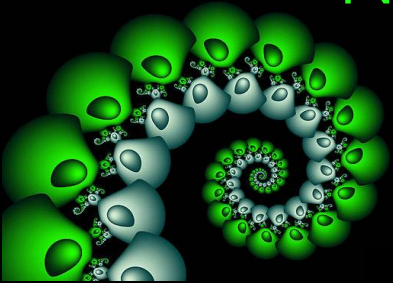
Emergent sustainability

Restorative Environments

Natural sensations ↗

Relaxation, mental health

↖ Fractals: biodiverse, healthy ecosystem



Ecotherapy e.g., Cherry Tree Nursery

- Horticultural therapy & community
- Social confidence/competence; Skills
- Spontaneous env^t linkages